

# GRATITUDE NEWS

## Bestowal of Papal Honours—Monsignor Dennis Noon

On Sunday, March 4th, at the Cathedral Basilica of Christ the King in Hamilton, our very own Pastor—Monsignor Dennis Noon—was formally installed as a Chaplain to His Holiness Pope Francis. His Eminence Gerald Cardinal Lacroix Archbishop of Quebec and Primate of Canada presented the Scroll along with the Most Reverend Douglas Crosby OMI, Bishop of Hamilton.

An overflowing crowd filled The Cathedral Basilica and the choir of the Basilica of Our Lady Guelph along with the Cathedral choir provided the music. Five Monsignors received their Papal Honours along with eleven lay people.

Sincere and heartfelt congratulations to Monsignor Noon!



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## Catholic Women's League

By: Rachel Jones and Jakki Jeffs

Basilica Catholic Women's League - How do we as a parish community serve the homeless in our community and begin to combat the problems caused by broken relationships, broken hearts and loneliness?

The Catholic Women's League of Canada has a strong history in our parish, dating back to 1920. Our ministry focuses on gospel values and we are called to service in our community. Each year, the Diocesan Council shares a theme for parishes to focus upon and this year's theme is **Homelessness**.

According to Statistics Canada, a study in 2014 found that 1 in 10 Canadians experience homelessness in their lifetime. Our Council has been asked to explore Homelessness in our community, the different causes and the resources available.

We have established a series of speakers who will explain the current state of homelessness in Guelph, in our province and in Canada. In March, we had Pastor Tony Tersigni, a Specialized Geriatric Service Worker at the Drop-In Centre. We learned of the services provided by the Drop-In Centre and their many good works on behalf of the 100 homeless people in Guelph. Established in 1983 by Sister Christine and Sister Donata the services have grown with: The Stepping Stone, a man's shelter which currently houses 22-27 men; York Haven, the Guelph non-profit housing project; and the Women's Shelter at 1 Waterloo, which opened in 2002. There are 70-80 volunteers and 7 paid staff that are the backbone of this amazing ministry which serves 100 meals a day.

The Drop-In Centre is a portal for socialization, meals and access to, medical, dental, social workers, legal, employment, and housing assistance. The Centre offers free foot care, tax-filing help, a veterinary clinic and a library of medical equipment for borrowing. Mr. Tersigni stated that "loneliness" is the plague of our society and we hope we can begin, as we understand the issues more clearly, to be part of the healing. At the April 10 general meeting, we look forward to listening to Gail Hoekstra, Manager of the Drop-In Centre, who will present other ways that we as a parish community might get involved.

On Sunday, May 6, we will host our Parish Communion Brunch and we welcome all parishioners to join us for brunch and listen to speaker Deacon Robert Kinghorn from the Archdiocese of Toronto. Deacon Kinghorn will share his unique perspective of ministering on the streets of Toronto to the homeless and the trafficked.

On Saturday June 16, we look forward to hosting Jesse Thistle, a Metis-Cree from Saskatchewan, at a brunch which again is open to all parishioners. Jesse overcame life on the streets and is currently a PhD student at York University in Toronto. He has a unique perspective regarding indigenous people and homelessness and is currently the National Representative for Indigenous Homelessness in Canada for the Canadian Observatory on Homelessness. We know there is much that needs to be accomplished, but we can only begin when we understand the issues involved.

Each of these events is open to our parish community, our schools and the general public. We strongly invite you to check out the *Parish Bulletin* for the details of these upcoming events and urge you to attend. It will take us all working together in our parish ministry network and with those already on the front line of these issues, to reach out in a coherent way to those who are homeless here in our city. We believe these speakers will help us make a start to serve Christ in the faces of the most marginalized in our City.

## Michael Glugosh—Presentation on Anxiety and Depression

By: Angie Hunt

On Wednesday, January 24, 2018, Michael Glugosh gave a presentation to a group of parishioners on Anxiety and Depression in our church hall. There were three objectives of the session: 1) understand that we are not alone, 2) understand why we feel the way we do, and 3) develop skills to help us cope.

Some of the highlights and key points from the seminar were:

- There are four reasons why people suffer from anxiety and depression: 1) genetics, 2) biochemical (power of a thought; thought produces chemicals; chemicals produce emotions, which result in a chemical imbalance), 3) environmental, and 4) personality traits such as highly analytical/obsessive thinkers/perfectionists
- The trait most common in depressed people is "worry". Worry is thinking the same thing over and over again. It is like paying interest on a debt you may never owe. In Matthew 6:25 Jesus said, "Who of you by worry can add a single moment to your life?". There are three techniques to cope with worry: 1) Ask yourself "What is the worst case scenario?" 2) Mentally accept the worst case scenario, and 3) be prepared for it to happen/Do everything in your power to prevent it.
- Dealing with worry - Prayer studies show that people who prayed on a regular basis had lower incidents of stress, anxiety and depression. People who go to church live longer, are able to let go of the worry and don't entertain the worry. How do you not think of something? Distractions take our minds off of our worries. Our brain is an exaggerator. It makes things out to be worse than they really are.
- Fear is the greatest enemy of anxious and depressed people. Franklin D. Roosevelt said, "We have nothing to fear except fear itself."

Here are just a few coping strategies that Michael presented:

- The 20 rule: pick 20 people in your life and they are what matter...and that's all you have time for. Even when you make a mistake, remember that they will still love you.
- Focus on your Strengths: People with high self-esteem focus on strengths and downplay weaknesses. People with low self-esteem focus on weaknesses and downplay strengths. List your strengths on a paper. List your weaknesses at the bottom of the paper. Read this each day until you start believing in your strengths
- Breathing: when anxious, breathing gets high in your chest and is fast. When you breathe low and slow, you bring a feeling of calm and relaxation. Breathe in through your nose and distend your abdomen as far as you can and then use your back muscles to push the air out your mouth as if you have a narrow straw in your mouth
- Focus on the Positive: Thinking about such things carry power. Negative thoughts make you feel anxious and depressed whereas positive thoughts make you feel uplifted. When you make a mistake: positive self-talk/learn to hear the voice of someone who cares about you/what would that person say to you at that moment
- Smiling: the physical act of smiling stimulates the "feel good chemicals" in the brain to make you feel better.
- Being Thankful: nothing can change someone's mood faster than being thankful. Thank God for something and visualize it. When you feel down visualize the things you are thankful for, the people you're thankful for and do it while you are smiling

Michael Glugosh has produced two series of CD's: Soaring Above Anxiety & Depression - a 4 CD program to overcome anxiety and depression / Soaring Above Stress - a 6 CD program to gain control over stress. Michael may be reached at 905-320-4699 or email: [mikeglugosh@gmail.com](mailto:mikeglugosh@gmail.com)



## Basilica of our Lady—Mother's Group

By: Claire Connell

Our Lady Immaculate Mother's Group started up this past September. We currently have twelve active members and we meet once a month for a book study and social hour.

The goal of the group is to provide support, spiritual nourishment, and community for mothers of all ages and stages of family life. We came together out of recognition that the mothers in our parish, who are working hard trying to raise their children in the Faith, need other mothers to talk to, pray with, ask for advice, and to be a support. Motherhood can be chaotic and overwhelming at times and this group is intended to help us appreciate the joy and beauty in our vocation.

We are currently doing a book study called, "*Momnipotent*" which discusses the feminine gifts God has given us and how to apply them to our vocation of motherhood. Gifts such as generosity, appreciation of beauty, ability to multi-task, and attention-to-detail. We are discussing how we can use these gifts, and others, to enhance our roles as mothers. With Mary as our perfect mother, we look to her for guidance.

As the group evolves and grows, we are hoping to have more social nights out, do volunteer outreach activities, and have a family day event. This is an open invitation to all mothers of the parish to come and join us. We have great discussions, lots of laughs and camaraderie. Please email if you have any questions to [ourladysmoms@gmail.com](mailto:ourladysmoms@gmail.com). We understand that you may not be able to make it every month but come when you can. God Bless.

## 5th Annual Pasta Supper

By: Angie Hunt

On Sunday, January 28, 2018, more than 150 parishioners gathered in the Parish Hall for the 5th Annual Pasta Dinner.

Three generations of the Finoro Family, led by Nick Finoro, catered the event and prepared an amazing meal of pasta with meatballs, Italian sausages, salad, buns and dessert. Thanks to the many volunteers who served the meal, and to the kitchen cleaning team for all their hard work. It was a great evening for all!



Pictured to the right:  
Nick and his mother, Anna

## Children's Liturgy

By: Janene Sarabura

*Pitter-patter, pitter-patter ...* are the sounds of many children's feet as they enthusiastically walk to the front of the church to go to the basement for their Children's Liturgy program.

Our church has been offering this Liturgy program for over 15 years. When the children come to the hall, they listen to a simpler version of the Gospel of the day. They then divide into smaller groups: **Seeds** is for the 3 and 4 years olds, **Promise** is for the 5 and 6 years olds, and the **Good News** group is for those who are in Grades 2-4. Each of the groups focus on the message from the Gospel in an age-appropriate, engaging, and hands-on manner.

The Good News group is using Bibles that were graciously donated to us recently by the CWL members. We have been able to offer this program for many years, from September to May, at both the Sunday 9:00 and 11:00 morning masses due to the dedicated leaders who come to help guide the youngest members of our faith community.

We require many leaders to offer these programs and would encourage anyone who is interested in helping with this valuable Ministry to contact Janene at: [janene@sarabura.com](mailto:janene@sarabura.com).

## Guelph Men's Prayer Group at the Church on the Hill

By: Steven Briant

The Guelph Men's Prayer Group began in the Fall of 2015 through members of the local Catholic Churches in Guelph seeking to learn more about their rich Catholic faith.

The group originally began watching the DVD series from Paradisus Dei called "*That Man is You.*" The group is now in its 3<sup>rd</sup> year and it has come under the guidance of Bishop Matthew Ustrzycki at the Basilica of Our Lady Immaculate.

His Excellency Bishop Ustrzycki has led the group from September to November 2017 with discussions on Divine Mercy. Through a DVD series written by Father Michael Gaitley and produced by the Marion Fathers of Stockbridge, Massachusetts, the group has gained a better understanding about this. The Bishop will be leading another group from February 7 to March 17, 2018 on the topic of confession written by Vinney Flynn and produced by St Joseph's Communication and Lighthouse Publications.

If any man is interested in being a part of this group, they can contact Steven Briant at 519-820-1433, or Terry Grignon, at [terry.grignon@gmail.com](mailto:terry.grignon@gmail.com).

## 8th Annual Golf Tournament

By: Steve Nagy

Will this winter ever end? To help you cope with this long lingering season of cold, let your mind wander to Sunday, June 3, 2018, for on that date the Parish will be hosting its 8th BOOL Golf Tournament at Victoria Park Valley Golf Club at 1:00 p.m.

We have always had a wonderful day (even if the weather can be iffy) - the food is great, the golf course is fun to play, the prizes are fabulous (all prizes are donated), and the people are fun to be with. Mon-signor Noon has all but guaranteed a rain-free Sunday. So, golfers and friends, keep Sunday, June 3 in your mind - it's not too far away, and instead of winter is coming, winter will be gone. Watch for more information in the coming weeks.

## Basilica Tours

By: Agnese Nagy



**Photo #1:** This is architect Joseph Connolly's vision for our Basilica. What's different?



**Photo #2:** Who are the men represented by these statues?



**Photo #3:** Our Casavant Organ will be 100 years old next year. How many pipes does it have?



**Photo #4:** This "Catherine-wheel" Rose Window is one of three Rose Windows in the church. How many stained-glass windows do we have in total?



**Photo #5:** Why do the pews have numbers on them?

Are you interested in the answers to these questions? Take a tour! A dedicated team of tour guides is available to direct you around our beautiful Basilica.

Group tours are usually given on the first Sunday of each month from 1 to 3 p.m. Personal tours can be scheduled at other times by calling or emailing the Parish Office. We can accommodate any size of group and can tailor the tour to meet specific needs.

A guided tour lasts about an hour, and we guarantee you will learn something about the Basilica that you didn't know before. We often hear, "*I have been attending this church for years and I didn't know that!*" There is no formal charge for a tour but we humbly welcome "free-will offerings". All proceeds from our tours are directed to the church Building and Maintenance Fund. Religious articles are also available for purchase at the conclusion of our Sunday tours.



## Sunday May 27th— Cupcake Sunday Returns!

Hosted by the Children of the Parish.

Cupcake donations deliciously accepted before each of the Sunday morning masses—9am and 11am

If you don't have time for a guided tour, a "self-guided tour" booklet is available at the back of the Basilica. You are welcome to wander and read up on the details on your own.

We are always looking for new members to join our "tour guide" team. If you would like to help showcase our beautiful Basilica, please contact the Parish Office for more information.

## Ministry Fair

By: Agnese Nagy

Sunday, January 14, 2018 served as the first Donut Sunday of the new year and parishioners gathered downstairs in the Basilica Hall for fellowship and refreshments. This date also served as Ministry Fair Sunday.

Parish Ministry leaders and representatives were available to provide information and sign-up sheets. They were eager to share good news about the amazing work happening in our Parish.

The Ministry Fair was a huge success this year with 20 out of our 30 Ministries represented and a number of new recruits added to committees. We look forward to making the Ministry Fair an annual event in January of each year. In the meantime, please contact the Parish Office if you require any information about or wish to join Parish Ministries and look for photos, updates and bulletins on the Ministry Wall photo gallery downstairs.



## Basilica of Our Lady Immaculate

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**Gratitude News** is brought to you by the Stewardship Committee, and published three times a year to keep Parishioners informed and connected.

## Upcoming Events

- ◆ Donut Sunday—April 8th
- ◆ Cupcake Sunday—May 27th
- ◆ Volunteer Appreciation Night—April 24th
- ◆ Catholic Missions in Canada—May 18th
- ◆ Cupcake Sunday—May 27th
- ◆ Golf Tournament—June 3rd
- ◆ Donut Sunday—June 10th
- ◆ Knights of Columbus BBQ & CWL Bake Sale—July 8th
- ◆ Annual Parish Picnic—September 9th
- ◆ Multicultural Food Fiesta—September 23

For more details about upcoming events, visit the Events section of our website at [www.basilicaofourlady.com](http://www.basilicaofourlady.com)

## Knights of Columbus Breakfast

By: Mark Sammut

On Sunday February 25th, our own Knights of Columbus Basilica of our Lady Council #1507 hosted a Parish Breakfast. The breakfast is open to all parishioners after both the 9 am and 11am Masses. This has become a very popular event, and is held a few times each year throughout the winter months.

Pictured here are members of the Knights serving breakfast to fellow parishioners

